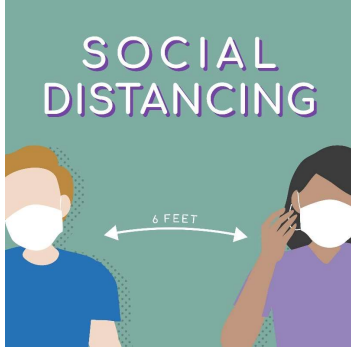


Social Distancing

Facilitator Guide



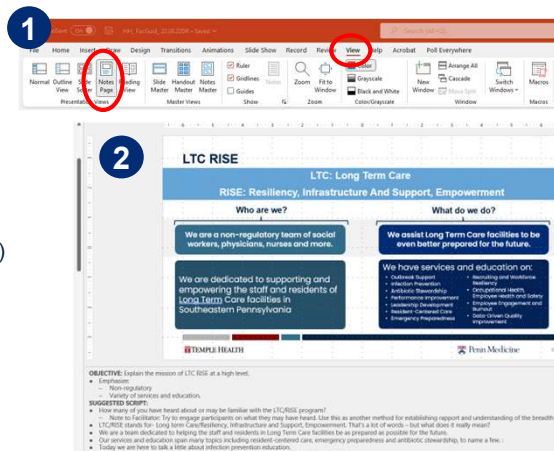
How to Use This Facilitator's Guide

▶ **Printing out copies is not required.**

- If you can, bring a print out of:
 - Slide 4 (session sign)
 - Slide 8 (Matchbook Slide)
- You may want to print out the presentation for your own use. We recommend using Notes View (see picture 1)
- If you can't print anything out – no worries! You can view the notes on your phone or laptop.

▶ Each slide has a guide in the notes section.

- You can see guide at the bottom of slides (see picture 2) or note view
- Each slide has an "Objective". This is the main point you want to make sure participants understand.
- There are "Facilitator Notes" throughout the Suggested Scripts. These are tips, or question answers for you as facilitator to use.



Before Your Meeting

For Facilitator Use Only

Schedule Presentation

- Confirm a date and time for presentation
- Communicate:
 - Presentation is for all staff and residents
 - The session will be 30 minutes
 - A separate room or space is preferred

Prepare for Presentation

- Gather Materials
 - Pens
 - Sign in sheet
 - Tape Measure
 - Hand sanitizer
 - Optional:* Printed slides
 - Optional:* Paint-safe tape
 - Optional:* Print out of notes pages of presentation

Set up Presentation

- Set up space:
 - Clean workspace
 - Space chairs appropriately
 - Optional:* Display session sign



Welcome
to the
Session on

Social Distancing



- **Optional:** Hang this print out on the door of your meeting room



OBJECTIVE: Establish friendly connection with participants

SUGGESTED SCRIPT:

- Good Morning/Good Afternoon. My name is [*FACILITATOR NAME*].
- Our presentation for today is on Social Distancing. We know this is a topic you may already be familiar with so today will be a refresher for some and may provide new information and insight for others.
- Please make sure you have signed in.

Social distancing means staying away from close contact in public spaces.

LONG TERM CARE | RISE

Penn Medicine

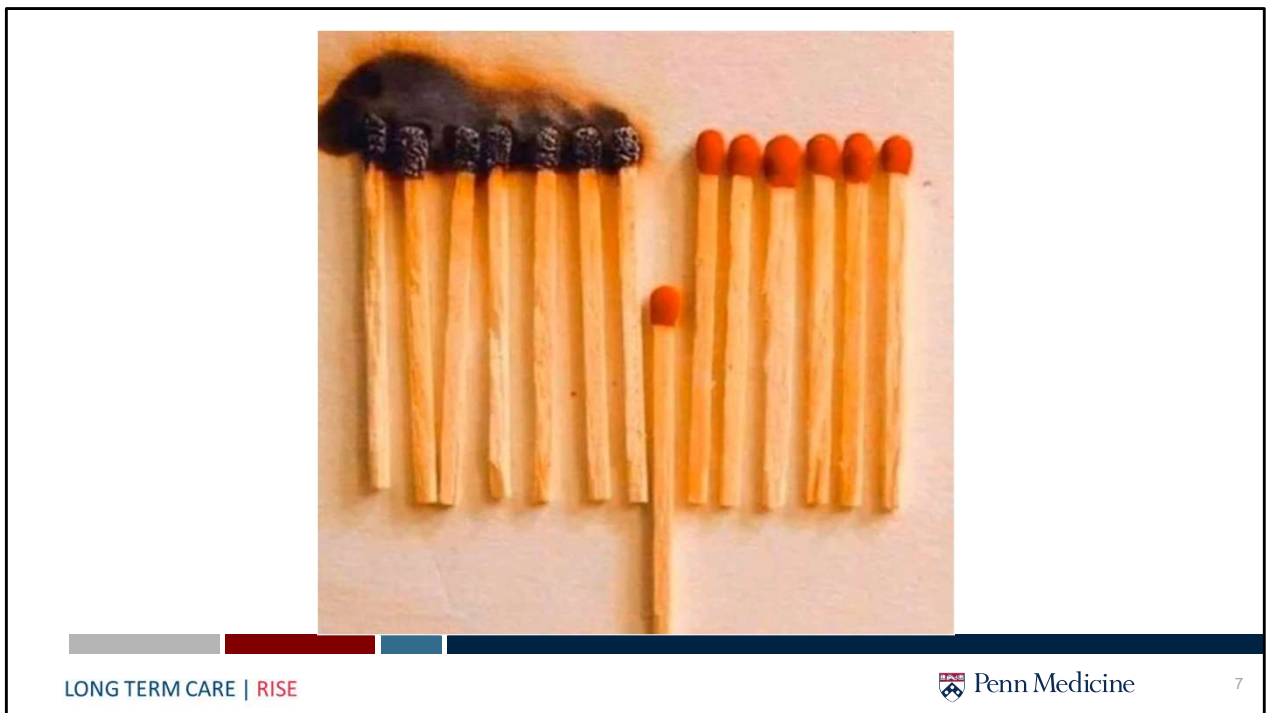
6

OBJECTIVE: Social distancing guidelines are important especially during outbreak

- Emphasize:
 - Recognition that 6 feet at all times is not always possible.
 - During outbreak, follow guidelines as much as you can

SUGGESTED SCRIPT:

- What is social distancing? We know that the guidance on social distancing keeps changing. As of September 2022, the Pennsylvania Department of Health defined “Physical Distancing” – which is the new name for social distancing as:
 - It's important to keep a safe space between yourself and other people who are not from your household.
 - To practice social or physical distancing, stay at least 6 feet from other people who are not from your household in both indoor and outdoor spaces.
 - Avoid crowds and poorly ventilated indoor spaces.



OBJECTIVE: Illustrate how physical distancing can stop the spread of infection

SUGGESTED SCRIPT:

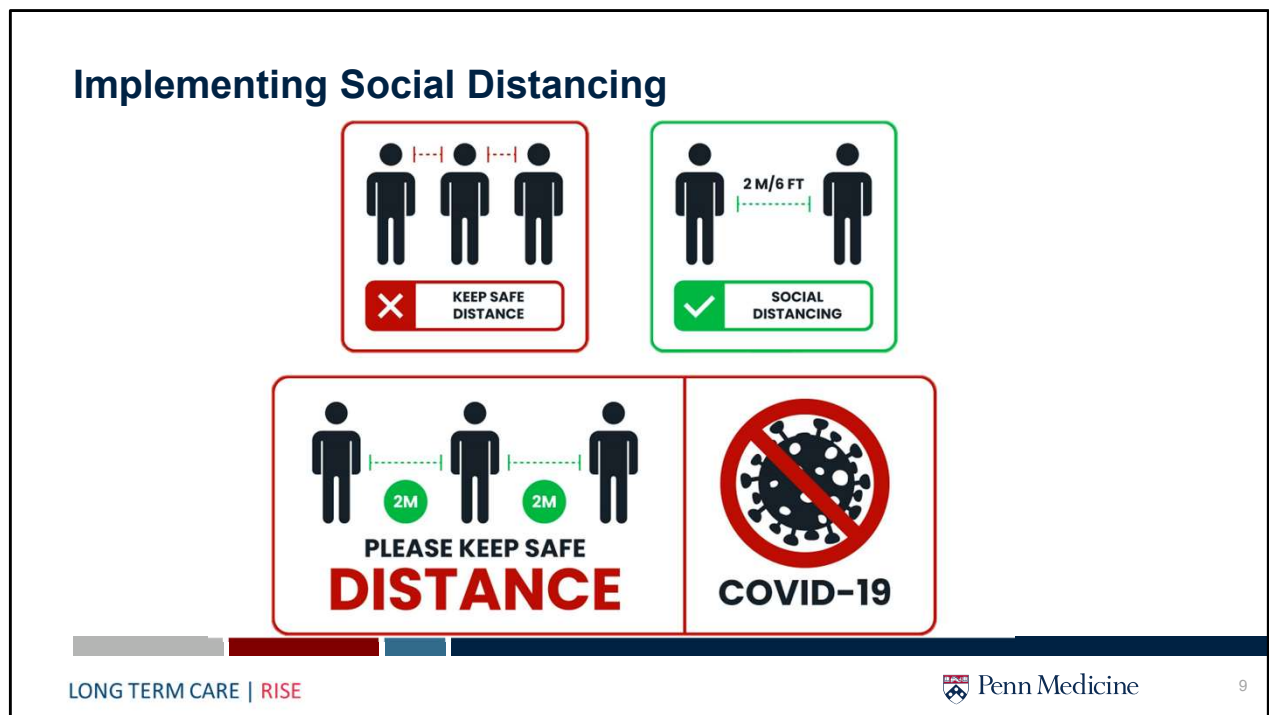
- Note to Facilitator: If you are able to project from your laptop, you can see an animated version here: <https://mymodernmet.com/social-distancing-matchstick-animation/>
- I want to give you a visual of the impact of Social distancing.
- Imagine if each of the match sticks was a person. The first seven people (match sticks) are infected because they are so close to one another. However, look at the 8th person and those beyond.
- The 8th person chose to physically distance themselves from the others, and remained infection free – and didn't spread the infection to the rest of the match sticks.



OBJECTIVE: Emphasize that it's not always clear how far 6 feet is

SUGGESTED SCRIPT:

- I'd like two volunteers please.
- Facilitator Note: Feel free to pick 2 people if no one responds. Ask each volunteer to stand 6 feet away from something in the room (a wall, a chair etc.) Each volunteer should have a different landmark they are measuring against so they can maintain physical distanced from each other. Once they are in position, go measure how many each volunteer is from their landmark. Use the results to facilitate a discussion of what 6 feet really looks and feels like.



OBJECTIVE: Provide ideas to implement social distancing

SUGGESTED SCRIPT:

- Implementing social distancing in all healthcare settings including [FACILITY TYPE] and the community, is how we can personally and collectively help stop the spread of infectious disease.
- Some examples of measures to enact depending upon the level of infection in the facility and community are:
 - Discontinue group activities.
 - Discontinue communal dining.
 - Use signage that is easily readable and understandable.
 - Make sure residents understand that they are doing their part in stopping the spread of a virus.
 - Place signage at appropriate levels for all to read (footprints on the floor, wheelchair level).
- Facilitator Note: Start a discussion on what measures they found effective during previous outbreaks.
- What did your facility do during previous outbreaks that you thought was a particularly helpful measure to stop the spread of infection?

Potential Impact of Social Distancing on Residents

Although social distancing is highly recommended by the CDC to decrease the spread of infection, the effects may bring an increase of psychological and medical effects in the elderly.



TEMPLE HEALTH

Penn Medicine

TheP

OBJECTIVE: Highlight the potential mental health issues associated with social distancing

SUGGESTED SCRIPT:

- Although social distancing is needed and a very important tool in helping to minimize the spread of infection- it can also have negative effects on those that have to be isolated
- Residents may experience some or all of the following:
 - Fear and worry about their health and the health of loved ones.
 - Changes in appetite and sleep.
 - Feelings of hopelessness, difficulty in concentrating.
 - Worsening of chronic health problems.
 - Worsening of mental health problems.



OBJECTIVE: Provide guidance to staff and residents on combatting mental health effects of isolation

SUGGESTED SCRIPT:

- Hopefully with higher vaccination rates and careful infection prevention, you won't need to implement physical distancing measures.
- However, if you do and you notice your residents or staff exhibiting the effects of isolation, encourage each other to
 - Practice good self-care
 - Get enough sleep
 - Get physical activity when possible
 - Eat for health
 - Relax and recharge – take a news break
 - Connect with others
 - Check in on each other
 - Be creative – how can you connect while remaining physically distanced?
 - ◆ Use the hallways for games like trivia and bingo so residents can be further apart than they would normally be
 - ◆ Doorway Exercises
 - ◆ Individual activity kits with word search, crossword and other puzzles (Resources in case a resident needs to be isolated)
 - ◆ Face Time or Zoom with family and friends (or neighbors down the hall!)
 - ◆ Window visits especially family with pets

Encourage residents and staff to find help and treatment

The screenshot shows the 'FIND HELP AND TREATMENT' page on the PA.GOV website. The page is titled 'FIND HELP AND TREATMENT' and includes several sections: 'Get Connected to Support' with links to the Pennsylvania Support & Referral Helpline and 2-1-1; 'Find a Facility/Specialist' with links to Psychology Today and SAMHSA; 'For Medicaid Patients' with a link to find an in-network provider; and 'You're Entitled to Treatment' with a link to the Pennsylvania Department of Insurance. The page also features a navigation menu at the top and a footer with the text 'LONG TERM CARE | RISE'.

[Mental Health Resources | PA.GOV](#)

[How Right Now | Finding What Helps \(cdc.gov\)](#)

LONG TERM CARE | RISE

 Penn Medicine

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OBJECTIVE: Highlight resources for mental health

SUGGESTED SCRIPT:

- As staff in a [FACILITY TYPE] you may feel that you need all the answers. As a resident here, you may feel that you don't know where to go next to get help.
- Please know that there are resources that you can access to find help for yourself, your neighbor, your colleague, your resident... Pennsylvania has free resources to help with mental health issues.



OBJECTIVE: To confirm the participants understand the key lessons on social distancing

SUGGESTED SCRIPT:

- Pop quiz! Give me a thumbs up for TRUE and a thumbs down for FALSE
- Gatherings of up to 15 people are considered safe as long as you wash your hands and cover your face when you sneeze.
 - FALSE. Thumbs Down.
- When you have to be around other people, you should make sure to leave at least six feet of distance between you.
 - TRUE. Thumbs Up.
- It is safe to talk to your friends through a closed window.
 - TRUE. Thumbs Up.
- Limiting face-to-face time with others is the best way to decrease the spread of disease.
 - TRUE. Thumbs Up.
- It is safe to go for a walk outside as long as you take precautions to avoid close contact with other people.
 - TRUE. Thumbs Up.
- You should avoid visiting older relatives because they are more vulnerable.
 - TRUE. Thumbs Up.
- Social distancing means you cannot and should not have a social life.
 - FALSE! Thumbs down.



OBJECTIVE: To give participants time to ask any questions they may have.

SUGGESTED SCRIPT:

- What questions do you have about what you learned today?
 - Facilitator note: By asking in this way, rather than “does anyone have any questions” you are showing that you assume people will have questions, which will make participants more likely to ask questions if they have one.



SUGGESTED SCRIPT

- Thank you for your participation today! That concludes our presentation on Social Distancing!
- Please remember to sign in the attendance sheet
 - **Facilitator Note:** Wipe Down surfaces touched; Leave area like you found it. Provide Leave Behinds and/or copy of presentation